THE RECOVERY KERNEL

Meeting Activity Library

50 activities that energize, ground, connect, and replace — for use during Kernel meetings.

Why the Meeting Has to Move

The brain does not learn well while sitting still in a chair for 90 minutes. This is not an opinion — it is neuroscience. Movement increases BDNF (brain-derived neurotrophic factor), which is the primary mechanism of neuroplasticity. Novel social interaction releases oxytocin. Shared physical activity produces co-regulation — the nervous system of a calm person can literally down-regulate the nervous system of an anxious one when they're in proximity.

AA meetings sit still and talk. The Kernel meeting moves. Not because movement is fun (though it often is), but because the brain changes faster in a body that is active, co-regulated, and experiencing mild novelty. Every activity in this library is chosen because it produces a documented neurochemical effect — dopamine, oxytocin, endorphin, GABA activation, cortisol reduction, or vagal tone increase.

Use one activity per meeting — in Phase 3 (the Protocol Session) or at transitions between phases. Match the activity to the room's energy: a room full of Warriors needs something with stakes and motion; a room full of Worriers needs something rhythmic and low-pressure. The facilitator reads the room and chooses. These are tools, not curriculum.

Activity Type	Best For	What It Produces Neurochemically
WARRIOR activities	High energy, competitive, need for stakes	Dopamine spike, adrenaline, testosterone; Warriors feel alive and engaged
WORRIER activities	Rhythmic, calming, precision-based	GABA activation, parasympathetic response, oxytocin through connection
BOTH (universal)	Mixed rooms, first meetings, uncertain energy	Balanced activation; accessible to all types
GROUNDING activities	Moments of overwhelm, transition, after heavy sharing	Vagal nerve activation, cortisol reduction, nervous system reset
CONNECTION activities	Isolation issues, early recovery, rebuilding trust	Oxytocin, social recognition, mirror neuron activation

Category 1

High Energy — Warrior Activities

Intensity, competition, stakes, novelty — for rooms that need to wake up

Jumping Jacks Countdown

· 3–5 min · Any space · Energy: High

The whole group does jumping jacks together — but counts DOWN from 30, not up. When you hit zero, everyone freezes and says one word about how they feel.

HOW TO RUN IT: Everyone stands. Facilitator calls: 'We're doing 30 jumping jacks. Count down together. When we hit zero, freeze and say one word — out loud, to yourself, doesn't matter.' Count together. Freeze. Go around quickly: one word each.

WHY IT WORKS: *Shared physical effort produces synchronized neurochemistry across the group. The countdown creates mild urgency (dopamine). The freeze-and-word activates self-awareness immediately post-movement, when cortisol is shifting.*

Musical Chairs — Recovery Edition

· 8–10 min · Open floor space needed · Energy: High

Classic musical chairs, but when the music stops and someone is out, they don't sit on the sidelines — they answer a question instead.

HOW TO RUN IT: Set up chairs in a circle (one fewer than people). Play music. Walk/dance around the chairs. When music stops, everyone finds a seat. Person left standing answers one prompt from the facilitator ('Name one thing that gave you real joy this week' / 'What's one thing you're proud of today?') — then rejoins the game. Nobody actually leaves the circle.

WHY IT WORKS: *The competitive movement releases dopamine. The standing-and-answering moment removes the safety of silence — but in a low-stakes, playful context. Sharing becomes associated with fun rather than therapy. Nobody is eliminated, so there's no shame.*

The Lap Race

· 5 min · Hallway or outside preferred · Energy: High

Everyone races once around the building or down the hall and back. First one back picks the protocol topic for the next meeting.

HOW TO RUN IT: Stand up. Go outside or to the hallway. Race once around the block or down the hall. First one back picks next week's protocol from a short list. Everyone walks back together after.

WHY IT WORKS: *Acute cardiovascular burst releases endorphins and BDNF within minutes. The stakes (choosing next week's topic) activate dopamine anticipation without any real pressure. The walk back together is natural decompression and co-regulation.*

The Push-Up Challenge

· 3–4 min · Any space · Energy: High

Group does push-ups together — but each person calls their own number. No competition for who does the most. Competition for who shows up and does THEIR number.

HOW TO RUN IT: Everyone finds floor space. Each person says their number out loud (1 to 50, whatever is real for them today). On go, everyone does their number. When you're done, you stand up. You cheer for whoever is still going. Last person standing gets a round of applause.

WHY IT WORKS: *Self-declared challenge removes the shame of physical limitation while maintaining stakes. Cheering for the person still going builds oxytocin and group cohesion. The applause activates the social reward circuit without anyone having to verbally share anything.*

The Name Toss

· 5 min · Circle space · Energy: Medium-High

Standing in a circle, toss a ball (or crumpled paper) to someone while saying their name. Add layers as the game progresses.

HOW TO RUN IT: Stand in a circle. Facilitator starts: say someone's name, toss the object. That person catches, says another name, tosses. Round 1: names only. Round 2: add one word about that person as you toss ('Marcus — steady'). Round 3: add their type ('Sofia — Worrier'). Keep it fast. Drop it? Everyone does five jumping jacks and restarts.

WHY IT WORKS: *Learning names activates social memory circuits. Adding the positive word builds identity labeling through social recognition — one of the most powerful reinforcement mechanisms for new identity formation. The jump consequence makes mistakes fun rather than shameful.*

Two Truths One Thrill

· 10 min · Seated or standing · Energy: Medium

Classic two truths one lie — but the lie is replaced with a Modern Thrill you WANT but don't have yet.

HOW TO RUN IT: Each person says three things: two true facts about themselves, and one Modern Thrill they want to try but haven't yet. Group guesses which one is the 'want.' Person reveals — then has to say WHY they want that thrill.

WHY IT WORKS: *Activates the anticipation dopamine circuit through the 'want' disclosure. Group guessing creates mild social engagement without pressure. The 'why' question often surfaces exactly what the substance was providing — in a playful, non-therapeutic context.*

The Handshake Tournament

· 8 min · Open space · Energy: High

Everyone invents a two-person handshake in 60 seconds. Then you find someone new and combine handshakes. Repeat until the group has one ridiculous combined handshake.

HOW TO RUN IT: Pairs off. 60 seconds to invent a handshake with a partner (can include fist bumps, slaps, spins, whatever). Then each pair finds another pair — combine handshakes somehow. Keep combining until the whole group has tried to do one ridiculous handshake chain. It will fall apart. That's fine.

WHY IT WORKS: *Novel physical coordination with another person activates mirror neurons and proprioceptive circuits simultaneously. The inevitable failure produces genuine laughter — which spikes endorphins. Touch (even brief, consensual handshake touch) activates oxytocin. This works on people who cannot talk about their feelings but can laugh.*

Category 2

Grounding — Worrier Activities

Rhythm, precision, calm, co-regulation — for rooms that need to settle

The Breath Sync

· 3–4 min · Seated, any space · Energy: Low

The whole group breathes together — in sync — for four cycles. Then each person says one word.

HOW TO RUN IT: Everyone seated. Facilitator leads: 'In for four counts — hold four — out for six.' Do four cycles together in silence. After the last exhale, go around the room: one word. No explanation needed.

WHY IT WORKS: *Synchronized breathing between humans produces co-regulation at the physiological level — not metaphorically. Exhale-dominant breathing activates the vagus nerve within 60 seconds. The word afterward captures the state the body just created, building self-awareness of what calm actually feels like.*

Slow Walk

· 5–7 min · Any space with room to move · Energy: Low

The entire group walks as slowly as humanly possible around the room. When the facilitator calls 'freeze,' everyone stops and notices what they feel.

HOW TO RUN IT: Everyone stands. 'Walk as slowly as you can without stopping. No talking. Just move.' Set a timer for 3–4 minutes. Periodically call 'freeze' — 10 seconds of complete stillness. Then continue. End by asking: 'One word for your body right now.'

WHY IT WORKS: *Slow deliberate movement engages the cerebellar-vestibular system in a way that fast movement does not — it builds proprioceptive awareness and dampens the hypervigilance response. The freeze moments teach the nervous system that stillness is safe rather than threatening.*

The Hum

· 3 min · Any space, any position · Energy: Low

The whole group hums together — any note, just hum. Change notes. Find harmonies. Feel the vibration.

HOW TO RUN IT: Seated or standing. 'We're going to hum. Any note. Just hum.' Start humming. Others join. Let the group find different notes. Let harmonies happen accidentally. After 2 minutes: 'On three, everyone stop at the same moment.' Silence. 'Notice that.'

WHY IT WORKS: *Humming directly activates the vagus nerve through vibration of the larynx and pharynx. This is clinically documented — not metaphorical. Group humming also produces social bonding through shared resonance. The sudden silence afterward creates a moment of profound calm that most people in recovery have never deliberately experienced.*

Mirror Movement

· 5 min · Pairs, space to stand · Energy: Low-Medium

Pairs stand facing each other. One leads slow movements — the other mirrors. Switch after 90 seconds. No words.

HOW TO RUN IT: Pair up. Face each other. Rock-paper-scissors to decide who leads first. Leader makes slow, deliberate movements — arms, head, body. Mirror has to follow as precisely as possible. No talking. After 90 seconds: switch without breaking. After 3 minutes: rest. Ask: 'What did you notice?'

WHY IT WORKS: *Mirror neurons activate during intentional imitation in a way that passively watching does not achieve. Leading requires focus that quiets rumination. Following requires surrendering control — a specific practice for hypervigilant individuals who have difficulty trusting. Eye contact for extended periods also builds oxytocin.*

Pass the Clap

· 4 min · Standing circle · Energy: Medium

A clap travels around the circle — passed from person to person — building speed until it breaks. Then rebuild it.

HOW TO RUN IT: Standing circle. Facilitator starts a clap and turns to pass it to the next person. That person receives it and passes it on. Get faster. When it breaks (someone misses the rhythm), everyone laughs, reset, rebuild from slower. Try to beat the group's previous speed.

WHY IT WORKS: *Rhythmic entrainment — synchronizing to a group rhythm — is one of the most ancient human co-regulation mechanisms. Drumming circles across cultures use this exact mechanism. The failure-and-rebuild loop normalizes imperfection in a playful context. Speed builds dopamine anticipation without competitive pressure.*

Shake It Out

· 2 min · Any space · Energy: Low-Medium

Full body shake — hands, arms, legs, whole body — for 90 seconds. Then complete stillness for 30 seconds.

HOW TO RUN IT: 'Stand up. We're shaking for 90 seconds — hands, arms, shoulders, hips, legs, everything. Like a dog shaking off water.' Play up-tempo music. Shake. At 90 seconds: 'Stop. Completely still. Notice what your body feels like right now.' 30 seconds of silence.

WHY IT WORKS: *Somatic shaking discharges accumulated tension from the muscles — this is the mechanism trauma therapist Peter Levine built his entire approach around. Mammals shake after a threat passes; humans often don't, which traps the physiological activation. This is a 2-minute version of that discharge. The stillness afterward is experienced as profound relief.*

Category 3

Connection Activities

Rebuild the social circuitry — for rooms working on isolation and trust

Blind Name Walk

· 8 min · Open space · Energy: Medium

Eyes closed, walking slowly through the room — when you touch someone's hand, guess who it is by feel alone.

HOW TO RUN IT: Everyone closes eyes (or looks at the floor). Hands slightly extended. Walk slowly. When hands meet, hold for 3 seconds, try to guess who it is. Reveal. Keep moving. Do this for 5 minutes. End by asking: 'Did anyone surprise you?'

WHY IT WORKS: *Touch without visual identification activates the tactile oxytocin pathway. The guessing introduces playful vulnerability. People who have difficulty with direct eye contact can participate fully. The surprise of misidentification often produces genuine laughter — which is itself a co-regulation event.*

The Compliment Lap

· 8–10 min · Circle · Energy: Medium

One person sits in the center. The group has 60 seconds to say one true thing they've noticed about that person. No advice. No questions. Just observations.

HOW TO RUN IT: Volunteer (or rotate) sits in the center chair. Timer starts. Anyone in the outer circle can say one true, specific observation: 'I noticed you always make eye contact.' 'You laugh when things get real.' Nothing generic, nothing advisory. After 60 seconds, person in center says one word for how that felt. Next person.

WHY IT WORKS: *Specific positive social feedback activates the same dopamine circuits that substances activate — but without tolerance development. Hearing your name and specific observations of yourself is one of the most powerful recovery interventions that costs nothing. The rule against advice or questions keeps it safe for people who fear being evaluated.*

Telephone — Recovery Edition

· 8–10 min · Seated line or circle · Energy: Low

Classic telephone, but the phrase passed down the line is always an affirmation from the Kernel.

HOW TO RUN IT: Sit in a line or circle. Facilitator whispers a Kernel phrase to the first person (e.g., 'Your brain was never broken — it was running without the right information'). Pass it down. Last person says what they heard out loud. Compare to the original. Play again with a different phrase.

WHY IT WORKS: *The inevitable distortion of the message is the therapeutic mechanism — it shows how meaning changes as it travels, which is a direct demonstration of how our brains can distort our own self-narrative. Laughter at the distorted version defuses shame around the original message. The affirmation still lands, even imperfectly.*

The Knot

· 10 min · Standing circle, 8–15 people ideal · Energy: Medium-High

Everyone reaches into the center, grabs two different hands, then the group untangles without letting go.

HOW TO RUN IT: Standing circle, shoulder to shoulder. Everyone reaches both hands into the center and grabs two different people's hands (not the person next to you, not both hands of the same person). Now untangle into a circle without letting go. You can loosen grip and rotate, but cannot release. Takes 5–8 minutes. Almost always works.

WHY IT WORKS: *Shared physical problem-solving produces dopamine through achievement and oxytocin through physical cooperation. The frustration-then-resolution arc mirrors recovery itself. People who would never touch each other voluntarily end up physically entangled for 8 minutes — which is a co-regulation event whether they intellectualize it or not.*

Parallel Work

· 15–20 min · Any space with tables · Energy: Low

Everyone does their own creative thing — drawing, writing, coloring — in complete silence, together.

HOW TO RUN IT: Set out paper and pens/colored pencils. 'For the next 15 minutes, make something. Draw, write, doodle, whatever. No sharing required. We just work near each other.' Play ambient music softly. At the end: anyone who wants to can show what they made. No explanation required.

WHY IT WORKS: *Parallel play — doing individual tasks in proximity to others — is the mechanism by which social trust rebuilds in people with severe isolation patterns. It replicates the conditions of childhood play before social performance became necessary. The absence of sharing requirement removes the evaluative threat. Just being near other humans while doing something is often the first step.*

The Trust Fall — Modernized

· 5 min · Pairs with enough space · Energy: Medium

Not falling backward — instead, standing back-to-back with a partner, lean into each other to find the balance point where neither person is holding themselves up alone.

HOW TO RUN IT: Pair up, roughly similar height. Stand back-to-back. Both lean backward slowly until you find the point where you're both resting weight on each other equally. Find the balance. Now slowly try to sit down together without letting go — without falling. (This is very hard and almost always ends in laughter.)

WHY IT WORKS: *Physical interdependence activates the same neural circuits that drive social trust — the body does not distinguish metaphor from reality. The experience of physically needing another person, even briefly, creates a somatic memory of what mutual support feels like. The frequent failure and laughter is therapeutic, not a sign that the activity didn't work.*

Category 4

Brain Activation Activities

Novelty, problem-solving, creativity — wake up the prefrontal cortex

The 30 Circles

· 5–7 min · Seated, paper needed · Energy: Medium

Give everyone a sheet with 30 empty circles. 3 minutes to turn as many as possible into recognizable things. Then share the most unexpected one.

HOW TO RUN IT: Print or draw 30 small circles on a page. 'You have 3 minutes. Turn as many circles as possible into something recognizable — a clock, an eye, a planet, a pizza, whatever. Go.' After 3 minutes: 'Find the person next to you. Show them your most unexpected circle. Tell them why you drew it.'

WHY IT WORKS: *Divergent thinking exercises increase dopamine through novelty generation. The brief sharing with one person (not the whole group) reduces anxiety while still building social connection. This exercise was developed by IDEO for creative problem-solving; it works in recovery because it demonstrates that the same brain that generated addictive thinking can generate creativity — it's the same engine.*

The Opposite Game

· 5 min · Standing circle · Energy: Medium

Facilitator calls an instruction — group does the opposite. Touch your head = touch your feet. Sit down = stand up. The brain has to override automatic response.

HOW TO RUN IT: 'Everything I say — do the opposite. Touch your head.' Everyone must touch feet. 'Jump up.' Everyone sits down. 'Say your name loudly.' Everyone whispers someone else's name. Gradually increase speed. When someone does it right (follows the instruction), the group calls 'Switch!' and now following the instruction is correct — until 'Switch!' again.

WHY IT WORKS: *Inhibitory control — the ability to override automatic responses — is specifically damaged by addiction and is specifically rebuilt by this type of exercise. The prefrontal cortex is required to actively suppress the habitual response and generate a new one. This is literally practicing the neural pathway that prevents relapse. Also: it's chaotic and hilarious.*

Story Spine

· 10 min · Seated circle · Energy: Medium

Build a story together, one sentence at a time, using a fixed structure. The result is always absurd and always personal.

HOW TO RUN IT: Facilitator starts: 'Once upon a time, there was a person who...' — next person: 'Every day they...' — next: 'Until one day...' — next: 'Because of that...' — repeat 'Because of that' 3 times — then: 'Until finally...' — then: 'And ever since then...' Keep it fast. One sentence each. Do not pre-plan. The rule: yes, and — never contradict or block.

WHY IT WORKS: *Collaborative storytelling activates the default mode network (imagination) while requiring real-time social responsiveness. The 'yes, and' rule is specifically therapeutic for people whose nervous systems are trained to anticipate threat and block — it is the practice of openness in a completely low-stakes context. The shared absurdity produces genuine laughter.*

What's Different

· 3 min · Pairs · Energy: Low-Medium

Pairs study each other for 30 seconds. One person turns around and changes 3 things about their appearance. Partner guesses what changed.

HOW TO RUN IT: Pair up. 30 seconds: study your partner. One person turns away and changes 3 subtle things (untuck a shirt, change which hand holds a bag, push up a sleeve). Turn back. Partner has 60 seconds to find all 3 changes. Switch.

WHY IT WORKS: *Active visual attention to another person is one of the rarest experiences in modern life — especially for people in isolation patterns. The deliberate act of studying another person with positive intent activates the social attention network and produces a low-level oxytocin response. The game stakes create engagement without pressure.*

The Improv Machine

· 8 min · Standing space · Energy: Medium-High

One person starts making a repetitive motion and sound. Others join one at a time, adding their own piece. The group becomes one interconnected 'machine.'

HOW TO RUN IT: Person 1 stands, starts a repetitive movement and sound (pumping arm up and down saying 'chk chk chk'). Person 2 attaches physically and adds a different motion and sound that interacts. Each person joins until everyone is part of one interconnected machine. Let it run for 30 seconds. Then: facilitator calls 'slow motion' — machine slows. 'Speed up' — machine speeds. 'Off' — everyone freezes.

WHY IT WORKS: *Physical and vocal synchronization in a creative context produces the highest level of social co-regulation available without actual music. The machine metaphor is also directly Kernel-resonant: the group has become a system, and every part affects every other part. This lands experientially without needing to be explained.*

Zip Zap Zop

· 5 min · Standing circle · Energy: Medium

Energy passes around the circle — Zip (to the side), Zap (across the circle), Zop (to anyone) — with eye contact and a point. Increasing speed.

HOW TO RUN IT: Standing circle. Facilitator starts: point to someone while saying 'Zip.' That person passes to the person next to them saying 'Zap.' That person passes to anyone across the circle saying 'Zop.' Back to 'Zip' — but now it can go any direction. When someone hesitates or says the wrong word: they do 10 jumping jacks and rejoin. Speed up continuously.

WHY IT WORKS: *Rapid attention-shifting under mild time pressure is specific prefrontal cortex training. The exercise requires tracking multiple people simultaneously, predicting social intention, and suppressing the wrong response — all executive function skills damaged by addiction. The physical penalty for errors is brief, laughed-at, and activates the group rather than shaming the individual.*

Category 5

Dopamine Replacement Activities

Activities that directly activate the reward circuits — the real thing

The Cold Water Challenge

· 3 min · Sink or ice bowl needed · Energy: □ High

Ice cold water on the face or wrists — the dive reflex activates the vagus nerve in under 30 seconds. The group does it together.

HOW TO RUN IT: Fill a bowl with cold water (ice if available). Or run to the bathroom sink. Facilitator goes first: face in the bowl for 15 seconds, or wrists under cold water for 60 seconds. Everyone who wants to tries it. No pressure. After: one word for how your body feels.

WHY IT WORKS: *The mammalian dive reflex is one of the fastest-acting parasympathetic activators available without medication. Heart rate drops measurably within 30 seconds. For Warriors, the cold shock also provides the intensity hit their dopamine system craves — without substances. This is directly from Protocol 01 (Emergency Triage) — experienced by the group as a practice rather than a crisis intervention.*

The Celebration Circuit

· 3 min · Any space · Energy: □ High

Each person does their personal celebration move — the thing they do when something great happens — and teaches it to the person next to them.

HOW TO RUN IT: 'Think of your celebration — the thing you do when you win, when something goes right. Your actual thing.' Give 30 seconds. Then each person does theirs while the group watches. Then: teach the person next to you. End with everyone doing their own celebration simultaneously on the count of three.

WHY IT WORKS: *Physically enacting celebration — even without a specific achievement — activates the dopamine system through the body. Smiling and celebrating produces the neurochemical state associated with achievement, not just the other way around. Sharing the personal celebration moment is also a vulnerable self-disclosure that builds group cohesion.*

Race to the Wall

· 3 min · Any space with walls · Energy: □ High

Facilitator calls a category — everyone races to touch something in the room that fits it. Last person there adds one to their count. Five rounds.

HOW TO RUN IT: 'Race to touch something RED.' Everyone sprints. Last person there: +1. 'Race to touch something older than you.' 'Race to touch someone who has been sober longer than a week.' 'Race to touch something that makes you feel calm.' Five rounds. Person with the lowest count wins — but the prize is choosing the next week's opening sentence from the Kernel.

WHY IT WORKS: *Short explosive bursts of physical activity spike dopamine through the anticipation-action-reward cycle that mirrors substance use — but in a sustained, socially connected context. The category variations move from purely physical to emotionally relevant (touch something that makes you feel calm) — training the connection between physical state and emotional awareness.*

The Personal Best *· 5 min · Any space · Energy: Medium-High*

Each person sets a micro-challenge they can complete in 60 seconds — and tries to beat their own record.

HOW TO RUN IT: 'Give yourself 60 seconds. Pick something you can actually get better at in this room right now — balance on one foot, say the alphabet backward, do as many wall squats as possible, remember everyone's name in order. Pick your thing. You have 60 seconds to set your personal best. Then try to beat it.' Two rounds.

WHY IT WORKS: *Self-competition (vs. group competition) removes social shame while maintaining the dopamine-activating stakes of challenge. 'Personal best' is a recovery concept — not competing with others, but with your own previous limitations. The two-round structure guarantees a chance to improve, which creates the achievement dopamine spike.*

Laughter Yoga — One Minute *· 1–2 min · Any position · Energy: Medium*

Fake laughter for one full minute. It becomes real laughter. It always does.

HOW TO RUN IT: 'We're going to laugh for one minute. Fake it if you have to — but keep going.' Facilitator starts laughing (genuinely or performatively). Others join. Maintain for 60 seconds. End with 10 seconds of silence.

WHY IT WORKS: *The brain cannot distinguish between real and fake laughter at the physiological level. Both produce endorphin release. Both reduce cortisol. Both activate the social bonding circuit. This is documented in the laughter yoga research literature. The group almost always transitions from fake to genuine within 20–30 seconds — and the moment of genuine collective laughter is one of the most powerful natural co-regulation events available.*

Category 6

Outdoor and Movement Activities

When you have space — take the meeting outside

The Silent Walk

· 15 min · Outdoor space · Energy: Low

The group walks together in complete silence for 10 minutes. Then each person shares one thing they noticed.

HOW TO RUN IT: Walk outside together — no talking, no phones. Facilitator sets a loose direction. Walk. After 10 minutes, stop. Each person: one thing they noticed that they wouldn't have noticed if they were talking. Walk back.

WHY IT WORKS: *Directed attention to sensory environment — the mechanism of mindfulness — reduces rumination specifically because the brain cannot process external sensory detail and internal narrative simultaneously. Walking also produces BDNF and mild endorphin release. The sharing at the end builds social connection through shared perceptual experience rather than shared suffering.*

The Warrior Sprint

· 5 min · Any outdoor space · Energy: High

Three flat-out sprints with recovery between. That's it. No distance. No time. Just run as fast as you can, three times.

HOW TO RUN IT: Find an open stretch — parking lot, field, hallway if outside isn't available. Three sprints: 'On go, run as fast as you can until I call stop.' 15-second sprint. Walk back. Repeat three times. After the third: hands on knees, breathe, then stand and notice the feeling.

WHY IT WORKS: *All-out sprinting is one of the most efficient dopamine delivery mechanisms available without substances. The BDNF spike from a short intense burst is measurable within 20 minutes. For Warriors specifically, the experience of the body performing at capacity is the closest available approximation to the high they were chasing — and it generates the same internal chemistry.*

Barefoot Ground

· 5 min · Grass or natural ground · Energy: Low

Take off shoes and stand on grass or natural ground for 5 minutes. Complete silence. Then one word.

HOW TO RUN IT: If accessible: take off shoes. Stand on grass or earth. No talking for 4 minutes. Facilitator quietly: 'Notice the temperature. Notice the texture. Notice your weight on the ground.' After 4 minutes: one word.

WHY IT WORKS: *Earthing (direct skin contact with natural ground) has documented effects on cortisol and inflammatory markers in clinical studies. Whether this is the primary mechanism or the forced stillness and attention to sensation is the active ingredient, the effect is real. For people in urban recovery with no access to nature, this is often a genuinely novel sensory experience.*

The Group Run *· 20–30 min · Any outdoor space · Energy: □ High*

The meeting IS the run. Everyone runs together for 20–30 minutes at a conversational pace. The check-in happens while moving.

HOW TO RUN IT: Skip the indoor meeting entirely. Meet outside. Run together at a pace where you can talk. The facilitator leads the introduction ritual while running. Protocol discussion happens in motion. Close with one lap walked in silence. Go inside for water and the close.

WHY IT WORKS: *Running while talking produces a state of mild physiological activation during social connection that mirrors exactly the conditions in which humans evolved to bond — hunting, migrating, moving together. The bilateral rhythmic movement also activates EMDR-adjacent processing that can reduce the emotional charge of difficult topics. Many participants report sharing things while running that they could not share while sitting.*

Quick Reference

Match the Activity to the Room

Read the energy, choose accordingly

If the room feels like this...	Use one of these activities
Flat, disconnected, people staring at phones	Jumping Jacks Countdown → Name Toss → Celebration Circuit
Tense, anxious, too much cortisol in the air	Breath Sync → Shake It Out → Slow Walk
New group, people don't know each other	Two Truths One Thrill → What's Different → Telephone
Isolation issues are front and center	Parallel Work → Compliment Lap → Blind Name Walk
Warriors who need to move before they can think	Lap Race → Warrior Sprint → Push-Up Challenge
Worriers who need rhythm before they can speak	Pass the Clap → Hum → Mirror Movement
Everyone needs to laugh and it's been too heavy	Laughter Yoga → Handshake Tournament → The Knot
Prefrontal cortex needs waking up after a heavy session	Opposite Game → Zip Zap Zop → 30 Circles
Group needs to feel what recovery actually feels like	Cold Water Challenge → Race to the Wall → Personal Best
You have outdoor space and good weather	The Group Run or Silent Walk — move the meeting outside entirely
Only 5 minutes available between phases	Shake It Out (2 min) or Laughter Yoga (1 min) or Breath Sync (3 min)
First meeting — nobody knows the format yet	Name Toss (learn each other) → Breath Sync (ground) → Story Spine (fun)

The Golden Rule of Meeting Activities

The activity is not the point. The neurochemical state it produces is the point. A Warrior who runs a lap around the building and then discusses Protocol 10 (Dopamine Architecture) will understand dopamine differently — experientially, not just intellectually — than one who sits and reads about it. A Worrier who hums with the group for three minutes and then discusses Protocol 16 (Isolation) will recognize their own nervous system in the protocol description in a way they

could not from the text alone.

Every activity in this library is chosen because it produces a documented state — dopamine, oxytocin, GABA activation, cortisol reduction, BDNF, vagal tone. The activity teaches the protocol through the body before the protocol teaches it through the mind. When both happen in the same session, the learning is durable.